



ENHANCE[®] FITNESS



FITNESS THROUGH MUSIC & FUN

with Marilyn Myles

**STARTING
JAN 18, 2022**

Join this nationally recognized program geared toward older adults of all fitness levels. Whether standing or seated, these research-based exercises can be done at your own pace to increase your strength, boost your activity levels and elevate your mood.

ENHANCE FITNESS—LEVEL 2

**Monday, Wednesday, Friday
10:00 AM**

Community Room (Village Hall)

Cost: \$180 (16 week session)

**2 CLASSES
TO FIT YOUR
LEVEL**

**To
register
or for more
information
please contact
the instructor at**

305-790-6345

ENHANCE FITNESS—LEVEL 1

**Tuesday & Friday
2:00 PM**

Community Room (Village Hall)

Cost: \$130 (16 week session)

**ACTIVE SENIORS ON
THE KEY CLUB**